LET THE BINGE SEASON BEGIN

Gilmore Girls pick up where they left off
metroLIFE

BREAKING THE BANK TO BREAK A SWEAT

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Ottawa metro

Your essential daily news | TUESDAY, NOVEMBER 22, 2016 | High 0°C/Low -6°C Chance of more snow

Parenting can be a royal pain for the Royals, too

metroNEWS

Courtenay-Alberni MP Gord Johns said the bike lane may not be perfect, but it's a lot safer than sharing the road.
HALEY RITCHIE/METRO

SAFETY WARNING

City opted for 'less safe', bi-directional O'Connor Street bike lane over reduced traffic, loss of parking metroNEWS

Party on ... sort of

DRINKING IN PUBLIC

Alcohol policy pitch would cut *some* red cup red tape

Haley Ritchie
Metro | Ottawa

Ottawa is getting ready to party in 2017 with changes to the city's alcohol policy.

Don't get too excited — this isn't Vegas and you won't be waltzing down Elgin Street with a red Solo cup all year — but the changes should erase some red tape for special events.

A revised municipal alcohol policy is set to go to city council on Wednesday, but concerns have already been raised about how changes can balance public health with business interests.

Last week during a committee meeting Jasna Jennings, executive director of the Byward Market BIA, suggested the city should look at a "Bourbon Street Model."

The model allows multiple restaurants and nonprofits to apply for a special permit together.

As an example, the Bourbon Street policy would allow a patron to buy a drink at a Bank Street business and leave to attend a GlowFair concert with the same drink in hand.

But the recommendations going to council on Wednesday are much less drastic. Patrons won't be allowed to leave restaurant patios and head to the streets with their drinks.

"City staff, in consultation with the Ottawa Police Service, was of the opinion that the Bourbon Street model did not provide for sufficient controls over the serving of alcohol to patrons and posed potential risks to public health and safety," reads the report's recommendation.

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Your essential daily news

Vancouver's homeless population to get a backpack for life on the streets. **Canada**

President-elect Donald Trump gives his acceptance speech during his election night rally, Nov. 9, in New York. JOHN LOCHER/THE ASSOCIATED PRESS

Good call by Ottawa firm

POLITICS

Pre-election prediction not far off from current result

David Sali
Ottawa Business Journal

In the aftermath of a U.S. presidential election that garnered almost as many headlines for how pundits called it wrong as it did for Donald Trump's upset victory, one Ottawa firm can say its prediction appears to be more accurate than most.

Advanced Symbolics uses artificial intelligence to forecast consumer and voter behaviour. In its pre-election analysis the day before the Nov. 8 vote, the company's AI system predicted Democratic nominee Hillary Clinton would grab 48.9 per cent of the popular vote and Republican contender Donald Trump would earn 46.2 per cent.

The system assigned a "confidence factor" of plus or minus 1.4 percentage points to those results, meaning the range of support for Clinton was 47.5 to 50.3 per cent, while for Trump the spread was between 44.8 per cent and 47.6 per cent.

With the final vote tally still not official on Monday, Clinton's actual share of the popular vote was about 48 per cent to the president-elect's 46.7 per cent — both within the range of Advanced Symbolics' forecast.

CEO Erin Kelly said her AI's analysis — based on an analysis of social media and blog posts from a sample of 200,000 Americans as well as other relevant blogs and news sites — was detecting a spike in Trump's popularity as early as the summer.

"The evidence was there early if you knew how to look for it," she said of the Republican's upset victory, which stunned most media observers who were expecting Clinton to earn the keys to the White House.

"I think we need to admit that the traditional ways of doing public opinion research don't work any more. People, when they want to talk about their political affiliations, they don't do it on the telephone — they do it online. If you really want to understand what people are thinking and how they're feeling and how they're voting, you need to be online and participating in that conversation."

> **I think we need to admit that the traditional ways of doing public opinion research don't work any more.** Erin Kelly

Trump triumphed despite capturing a smaller share of the popular vote than the former secretary of state, only the fifth time in U.S. history the candidate with the most votes failed to win the presidency.

Advanced Symbolics' system did not look at how popular vote tallies would translate into electoral college votes, but Kelly said the company will factor in the electoral college for the 2020 election.

She said her system also picked up on a phenomenon that much of the mainstream media ignored: Trump's rising support among African-Americans and Hispanics as the campaign wore on.

"We saw this in August, that Trump was gaining in popularity with African-American and Hispanic voters, and yet we see the people who are commenting on the election right now saying, 'Oh, this was the angry, uneducated white vote.' That's not what this was," Kelly said.

"It really wasn't as simple to explain this victory as people are trying to make it out to be now. Donald Trump could not have won Michigan if he didn't appeal to black voters."

The company's patented AI technology has been used in more than 100 elections in Britain, Canada and the United States. Most of its clients, however, are retailers, ad agencies and major brands such as Disney who pay the firm to predict the next big consumer trends.

Kelly said her phone has been ringing more frequently since the company's presidential predictions started to get publicized.

"Elections are very good for us," she said.

COURT

Judge finds Mountie guilty of abusing his 11-year-old son

An Ottawa judge found a suspended RCMP counter-terrorism officer guilty in a "gut-wrenching" case Monday after hearing how the accused chained up his 11-year-old son in the basement and tormented him with a barbecue lighter.

The evidence presented at trial — illustrating how the adolescent boy was abused, confined, burned, beaten, assaulted and starved — was "unequivocal and overwhelming," Justice Robert Maranger said in his written ruling.

But ultimately, Maranger said, it was the video evidence created by the boy's own father that proved the most damning.

Three separate recordings, described by Maranger as "difficult to watch," were found on the man's cellphone. They depicted a quivering boy, naked and wet with his hands tied behind a post, as his father insisted that he renounce Satan.

"The viewer is left with images that are forever etched in the darkest, saddest recesses of that person's memory," Maranger wrote in describing the video footage, recorded in January 2013.

In the final video, the boy looked emaciated, a crucifix was drawn in felt-tip marker on his chest and a portion of one of his front teeth appeared to be missing.

During the trial held earlier this year, the father took the stand in his own defence. He testified he believed he was "living with the devil," and said he was afraid his son was planning to stab him in the heart in his sleep.

He also admitted to chaining his son in the family's basement, torturing him, burning him with a barbecue lighter and rationing his food.

The Crown's case involved incidents spanning a six-month period that ended when the boy escaped to a neighbour's home in February 2013 in search of water. The judge, however, said he believed the abuse began well prior to when the 11-year-old began being home-schooled in the fall of 2012.

The 44-year-old man, who cannot be identified, was convicted of two counts of aggravated assault, one each of sexual assault causing bodily harm, unlawful confinement, assault and failing to provide the necessaries of life, and a range of firearms offences.

The boy's stepmother was also found guilty of assault with a weapon and failing to provide the necessaries of life. She faces a sentencing hearing on Dec. 2, but no such date was immediately set for the father, who may end up having to undergo a further psychiatric assessment.

In his ruling, the judge said he didn't believe the father's argument that he was suffering from post-traumatic stress disorder at the time he inflicted the abuse. THE CANADIAN PRESS

BY THE NUMBERS | Reduction in waiting times

The Children's Hospital of Eastern Ontario (CHEO)

250 Referral to visit days

REDUCED TO

22

450 Referral to visit days

REDUCED TO

20

The Royal Ottawa Mental Health Hospital

Hospitals shrinking wait times

MENTAL HEALTH

Children now treated in weeks instead of months

Ryan Tumilty
Metro | Ottawa

Wait times for children with mental problems plummeted last year as a new one-size-doesn't-fit-all approach has shrunk waits from months to mere weeks.

In a recently released report, CHEO and the Royal Ottawa Hospital both revealed that the wait times for children referred for mental health problems have dropped.

At CHEO, a wait that averaged 200 days in 2014 has been cut down to 22 days. Meanwhile, at the Royal the wait has fallen from 450 days to 20.

CHEO's chief of psychiatry Dr. Kathleen Pajer, said the change has come because children are no longer being put through an upfront assessment before they get treatment.

She said prior to implementing the Choice and Partnership Approach (CAPA), patients had to wait to see only a handful of specialists and complete an assessment that involved school records and hours of interviews.

"That assessment, depending on the person, can take anywhere from one to six hours over a couple of days," said Pajer. "That leads to basically a bottleneck in the system. That is the only way to get into the system."

She said when they talked to patients about how to make improvements, they were told to do away with the assessments.

"Patient after patient, parent after parent said 'Stop assessing us so much and start treating us,'" she said.

Pajer said patients are now offered a much quicker initial interview and are then directed to someone — who could be a social worker, psychologist or psychiatrist — for treatment.

> **The flow through the system is much faster.**
> Dr. Kathleen Pajer

She said they ask the patient and family what the biggest issue is and also ask how best to solve it. She said they ask the family as well about how much change they can handle so real improvement can actually take place.

"We can write all sorts of glorious behavioural or psychological prescriptions and a family may not be able to actually do them," she said. "We're focused on what the family thinks is the primary problem and that actually gets you more clinical yield."

The changes have led to increases in the amount of referrals with a slight increase this year at CHEO and a 33 per cent jump at the Royal.

"The flow through the system is much faster so we can handle more kids."

Pajer said this year has been about reducing the wait list.

"The first task we have over the next three or four years is to make sure we keep the wait list down," she said.

Part of that involves making sure that patients are involved in the process and that everyone is working towards getting them better.

"You don't take somebody on without having clear goals for what they are seeing you for and monitoring those goals on a regular basis and then discharging them when the goals have been met."

She said to do that they are working on better scheduling for patients and centralizing physicians calendars.

They are also taking what they learned during the last year to determine what sorts of physicians they should hire and train.

"What we have discovered with that is we have holes in the treatment that our patients clinically needs."

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Beau's raises over $100K for brewpub

Josephine Fina Uwineza's bottling process will start slowly, with a system capable of producing about 1,000 litres per batch. BRENDAN COUTTS/CONTRIBUTED

ENTREPRENEURS

Uwineza's to be first female-led craft brewery in Rwanda

Haley Ritchie
Metro | Ottawa

The Kickstarter campaign launched by Beau's All Natural Brewing Company to establish a Rwandan-owned and operated brewpub wrapped up this week, managing to raise more than $100,000 toward the project.

"I'm over the moon about it," said Beau's co-founder Steve Beauchesne. "I'm already moving into the 'OK, what's next?' phase. This makes the bottling line a reality. With the brewhouse online as well, that's the two biggest parts covered in the brewery, which is a huge hurdle to overcome."

In September, Beau's announced they were teaming up with Rwandan entrepreneur and experienced restaurant owner Josephine "Fina" Uwineza.

When Uwineza launches her business it will be the first independent brewery in the country. Neighbouring Kenya has two craft beers, but Uwineza's business will incorporate traditional brewing methods using sorghum and bananas.

The $110,400, raised by more than 1,000 people from Ottawa and beyond will allow the brewpub to purchase a bottling line. The machinery is a big ticket item that allows for rinsing, filling, labelling and packaging bottles.

Newlands Systems Inc. has donated a brewhouse, taking another expensive item off the list. Beauchesne estimates the entire cost of the project is around $1-million.

"We're more than halfway there, and we're ready to contribute significantly as well," he said.

The Kickstarter campaign has ended, but the company will continue to fundraise. No money from the project will flow back to Beau's, but the company is helping to start the project with funding and training.

> **"I'm already moving into the 'OK, what's next?' phase.**
> Beau's co-founder Steve Beauchesne

Uwineza's brewpub will begin slowly with a system capable of producing about 1,000 litres per batch.

"We don't know — once this is in place — could it take off like Beau's has? I like to think that it possibly could, but we don't want to make it so that if it doesn't grow at that rapid pace that it won't be sustainable," he said.

Beauchesne said while he loves the idea of an Ottawa-to-Rwanda tourism boom, the company hopes to import some of the beer to continue fundraising after the launch, so locals might get a chance to taste it.

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TRANSPORTATION

City was warned about dangers of O'Connor Street bike lanes

Ryan Tumilty
Metro | Ottawa

The city was warned the unique construction of the O'Connor Street bike lanes was "less safe" than other options, but went ahead with the plans anyways.

As CBC first reported, Dutch firm Mobycon Concordis was brought in to take a second look at the city's bike lane plan. The company suggested that two bike lanes be built on opposite sides of O'Connor, rather than having one lane with bikes moving in opposite directions.

Kornel Mucsi, transportation project manager with the City of Ottawa, said the city weighed that report, but ultimately decided that the trade-offs of either reduced traffic lanes or a loss of parking were not worth it.

He said Mobycon Concordis operates in Holland, where there is much more support for cycling, and Ottawa just isn't ready to embrace the kind of changes that they went through a long time ago.

"They went through the process we are going through, they did that 20, 30, 40 years ago," he said.

Since the O'Connor bi-directional bike lane opened, there have been three accidents, usually involving drivers turning left across the lanes. HALEY RITCHIE / METRO

Mucsi said the project might not have gone ahead if the city had gone with the firm's recommendation to build two lanes on opposite sides of the street.

Since the lane opened, there have been three accidents involving cyclists. Usually, they involve drivers turning left across the lanes who don't realize cyclist are coming in both directions.

Mucsi said while not ideal, they believe the bi-directional lane make cyclists safer than having them ride in traffic.

"We believe that this design is safer than what we had before and also much more attractive than what we had before," he said.

Citizens for Safe Cycling president Gareth Davies said he understand the trade-off and they hope to keep making the case that bike lanes are worth trading lanes for.

"I don't think it's something that falls at the city's feet alone. This is a stakeholder issue. It is a culture issue that takes time to shift," he said. We're sensitive to that. We are working towards an era where people realize that the trade-offs are worth it to have a more sustainable transportation network."

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ETERNAL FLAME KEEPS VISITORS WARM Visitors to Parliament Hill warm up at the eternal flame on Monday afternoon after 15 centimetres of snow blanketed the capital. Temperatures will remain around 0 C for the remainder of the week. HALEY RITCHIE/METRO

Search engine case at Supreme Court

FREE INTERNET

Google appeals order to remove a business from online results

Ryan Tumilty
Metro | Ottawa

Google will go before the Supreme Court in the weeks ahead, appealing an order that forced the tech giant to try to remove a company from the Internet.

Equustek Solutions is a British Columbia company that got a court order against a competitor that was selling their patented technology online.

The injunction didn't stop the company, so Equustek got an injunction demanding Google delist their competitor from its search-engine results.

Google will appeal that decision in a hearing in the next few weeks, the Supreme Court confirmed Monday. In its submission to the court, the company argued it is simply a search engine and can't be the enforcer of the Internet.

"Google is incapable of taking these websites offline. It is incapable of stopping the defendants from launching new websites," it wrote. "It is incapable of preventing users in Canada or anywhere else from accessing the websites at issue."

It also argued the case is a freedom-of-speech issue, because the company can't tell its users about something on the Internet.

"Google's speech is restricted, as it is now prohibited from truthfully informing the global public."

> **It is now prohibited from truthfully informing the global public.**
> Google on freedom of speech in submission

Trent Horne, a partner and intellectual-property lawyer with Bennet Jones, said one of many interesting aspects of the case is that Google is being brought into a private dispute.

"They have never been accused of any wrongdoing, they have just been brought into the fray as an enforcement mechanism," he said.

He said the court will have to decide if orders forcing Google to delist websites should take place and what the test should be for imposing them.

He said there is also a major question about the limits of Canadian courts.

"You could have a Canadian court granting an order that obliges somebody in California to do something, which prevents an individual in England from buying something," he said.

Horne said the Supreme Court has not ruled in any cases that are similar to this, so it's hard to have any idea how they might rule.

"I am hard-pressed to think of something that is close."

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Patricia Sorbara, centre, with Premier Kathleen Wynne. Sorbara, Wynne's former deputy chief of staff, left the government recently to head the Liberal re-election campaign in 2018.
TORSTAR NEWS SERVICE

'Bribery' in byelection

GOVERNMENT

Crown says Energy Minister 'sought certain benefits' to run

Energy Minister Glenn Thibeault allegedly "sought certain benefits" to run in a byelection, the Crown lawyer prosecuting two Ontario Liberals on Election Act bribery charges said Monday.

But while the two Liberals, including Pat Sorbara, who is on a leave of absence as Premier Kathleen Wynne's deputy chief of staff, face bribery counts under the act, Thibeault does not.

"The section makes it an offence to offer, not necessarily to receive," said federal prosecutor Vern Brewer.

The charges against Sorbara and Liberal operative Gerry Lougheed stem from allegations the pair offered a would-be candidate a job or appointment to get him to step aside in a 2015 byelection in Sudbury, Ont., for the premier's preferred candidate.

That candidate was Thibeault, who was then a New Democrat MP for Sudbury, and he ultimately won that byelection for the provincial Liberals.

One of the charges against Sorbara is over an allegation she promised to get Thibeault "an office or employment" to induce him to become a candidate.

After Sorbara and Lougheed's first court appearance Monday, Brewer expanded on the allegation as it relates to Thibeault.

"The allegation in respect to that count relates to our allegation that Mr. Thibeault sought certain benefits, offers or job or employment as part of his conditions to run as (an) MPP," he said.

The opposition parties called for Thibeault to step aside after it was revealed that one of Sorbara's charges related to an offer allegedly made to him. Thibeault has refused, since he isn't under investigation and faces no charges.

Thibeault has said the premier did not offer him a cabinet position in exchange for running, nor did Sorbara make him any offers. A spokesman said Monday that Thibeault had nothing to add to his previous statements. THE CANADIAN PRESS

IN BRIEF

Man stabbed in east end
Ottawa paramedics treated a 20-year-old man who had been stabbed early Monday.

Paramedics say they received a call at 5:43 a.m. Monday to report a stabbing on Brittany Drive.

He was treated and brought to hospital in serious but stable condition. METRO

Man's life saved by off-duty paramedic at gym
An off-duty paramedic helped save a man's life after he collapsed at a gym.

After finding the 57-year-old man had no vital signs, the paramedic performed CPR while staff got a defibrillator. The man was conscious in hospital. METRO

BUSINESS

Gatineau cannabis producer to go public

A Gatineau-based medical marijuana firm with a self-declared goal of becoming the "Coca-Cola of cannabis" has unveiled a new 36,000-square-foot growing facility as well as plans to go public on the TSX Venture Exchange.

"We're exactly where we want to be and we continue to have demand that exceeds our supply," Adam Miron, chief operating officer of Hydropothecary, said last week before the new building opened for the public to have a sneak peek.

The company announced late last week it is planning to debut on the TSX Venture Exchange in the first half of 2017.

CEO Sebastien St-Louis said with Canada's medical marijuana industry thriving and legalization on the horizon, the time is right for the company to go public. He pointed to a recent study by professional services firm Deloitte that concluded recreational marijuana's annual impact on the Canadian economy — including everything from sales of marijuana paraphernalia to tourism revenue and taxes — could be nearly $23 billion.

"I think that (number) might be a bit conservative," he said. "The markets are responding well to marijuana, and we want to take advantage of that."

Hydropothecary has already raised about $15 million from private investors, St-Louis said. Being publicly traded will allow the company to raise more capital to meet eventual recreational demand, he added.

St-Louis said the latest expansion will give Hydropothecary 42,000 square feet of growing space, allowing it to boost production to 3,600 kilograms a year from the current 600.

Miron said the company is awaiting final Health Canada inspection of the new facility and expects to get a licence to start growing pot there early next year. OTTAWA BUSINESS JOURNAL

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Queen's Park takes another shot at budget public input

PROVINCIAL POLITICS

Previous year's consultation process was called a 'sham'

Ontario is proposing to include several crowd-sourced ideas in its next budget, after the Liberal government was criticized for "sham" public consultations last year.

The online consultation tool Budget Talks is being expanded this year, with a pledge that the budget will include up to eight of the ideas submitted there at a total cost of up to $3 million.

Members of the Premier's Council on Youth Opportunities will whittle the ideas down to create a short list, and the public will then be able to vote — a process that should help the government avoid being beholden to a Boaty McBoatface fiasco.

The Natural Environment Research Council in Britain had asked the public for help to find a name for a polar research vessel and Boaty McBoatface got the most votes. Officials decided instead to christen it Sir David Attenborough.

Finance Minister Charles Sousa suggested Ontarians are too mature to vote a Boaty McBoatface idea to the top anyway.

Last year the initial translation of preliminary budget drafts began before the period of public input ended, which prompted the opposition to decry the consultations as a "sham" and a "charade."

One of the most popular ideas online for much of that consultation period was to stop funding Catholic schools.

Sousa said last year that wouldn't happen, and signalled this year that he still won't be considering that idea if it gets submitted.

He noted that the government started a pilot project to use LED lights on provincial highway corridors to save energy as a result of an idea submitted last year through Budget Talks.

NDP finance critic Catherine Fife called this year's consultations "damage control."

"This is clearly an effort to try to address what happened last year, where we travelled around the province at great expense consulting with Ontarians on important issues like education, health care and energy and the government had already written the budget."

Ideas submitted online are due by Dec. 11. Other feedback can be sent via mail, email or fax to the Ministry of Finance by Jan. 31. THE CANADIAN PRESS

> "This is clearly an effort to try to address what happened last year."
> NDP finance critic Catherine Fife

Ontario Finance Minister Charles Sousa suggested Ontarians are too mature to vote for a Boaty McBoatface idea.
PETER POWER/THE CANADIAN PRESS

CENTENNIAL COLLEGE

Aerospace campus coming

The federal and Ontario governments are kicking in more than $44 million so Centennial College can open a new campus dedicated to aerospace programs in Toronto.

The Centennial College Downsview Park Aerospace Campus will be home to three aerospace and aviation-related programs, with an expected 900 students.

Ontario is committing $25.8 million to the project, while Ottawa is committing $18.4 million.

More than 21,000 people in Ontario work in the aerospace sector and the government says it supports another 17,000 jobs.

Ontario is home to 14 of the world's top 25 aerospace companies, and does $5.3 billion in annual sales.

Premier Kathleen Wynne says it is important for Canada and Ontario, with relatively small populations globally, to "punch above our weight" and leading in innovation is an important way to do that.
THE CANADIAN PRESS

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Slow Braised Pot Roast Puttanesca

Ingredients

- 3 to 4 lb (1 1/2 to 2kg) beef chuck roast, trimmed of excess fat
- Salt and freshly-ground pepper
- 3 (45ml) Tbsp olive oil
- 1 cup (250ml) dry red wine
- 1 cup (250) beef stock
- 530ml (550g) Authentica World Cuisine Puttanesca Sauce
- 2 onions, quartered
- 8 carrots, diced into 1-inch (2.5cm) cubes
- 2 celery sticks, 1/2-inch thick sliced
- 2 cups (500ml) button mushrooms
- 2 bay leaves

Instructions

Season the roast with salt and pepper. Heat the olive oil in a Dutch oven over medium-high heat. Add the roast and sear on all sides until brown. Scatter the vegetables and add the bay leaves. Saute until the onions start to become translucent. Add the red wine, beef stock and the Puttanesca Sauce. Bring to a boil, then reduce heat to low. Simmer for 3 hours, basting every hour with the sauce, until the beef is fork tender.

Remove the roast, slice and arrange on a warm serving platter. Garnish with the vegetables. Serve with the sauce.

Serves 6 to 8

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Canadian forces 'has to change'

COURT

Lawsuit claims bullying, sexual assault of military women

Haley Ryan
Metro | Halifax

A Nova Scotia woman leading a proposed class action lawsuit is hoping to "incite some change" after speaking up with personal and graphic allegations of misogyny, sexual harassment and assault in the Canadian Armed Forces (CAF).

A statement of claim against the federal government was filed Monday with the Nova Scotia Supreme Court by Halifax-based lawyer Ray Wagner, saying the Attorney General of Canada is vicariously liable for the alleged misconduct.

"It almost feels like it's the norm for the military and that's not right. It has to change," Glynis Rogers, lead plaintiff and former CAF member, said in an interview Monday.

Rogers, from Yarmouth, is the only plaintiff now but if the case proceeds the class could include any women who claim similar treatment.

After enrolling as officer in the CAF out of high school in 2006, Rogers attended the Royal Military College (RMC) in Kingston, Ont. The allegations happened in her time at RMC, the claim reads, job training in Greenwood, N.S., and at CFB Borden in Ontario when Rogers was in the aerospace engineer officer basic course.

The suit alleges Rogers encountered persistent and systemic gender-based discrimination, bullying and harassment from male members, especially during training.

Specific allegations range from offensive comments, including Rogers being called a slut on "numerous occasions," being slapped on her behind by a superior and having her intelligence regularly questioned, to a sexual assault in February 2012 when she was at CFB Borden.

> **The severity of this issue has just been downplayed so much.**
> Glynis Rogers

The claim says Rogers eventually reported the incident and the male member was found guilty, but he later appealed and was acquitted.

"It's more the military culture, this misogynistic culture that causes these issues. Most women I'd assume would have at least some similar experiences," Rogers said. "It's almost ingrained."

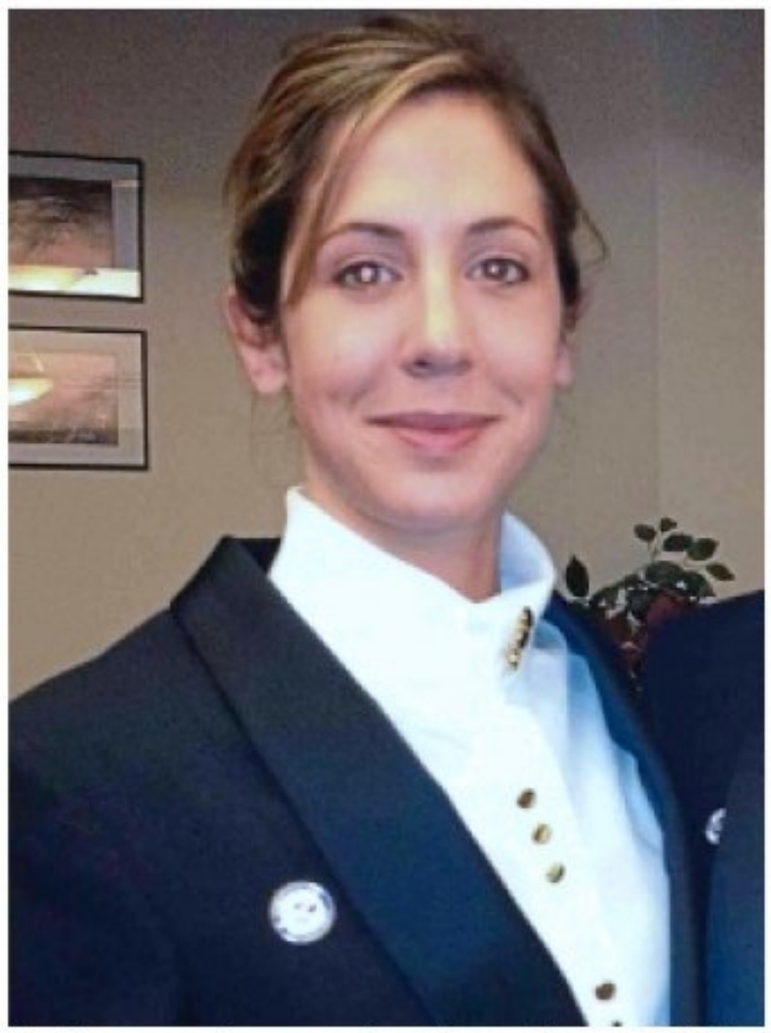
Although Rogers said having such personal details on the public record makes her feel "a little vulnerable," she feels it's vital to follow through with the suit.

"No matter what the outcome, if the military sees that this is a serious issue, that is my main goal."

It's tough for women in the CAF to speak up about any harassment, Rogers said, since they often feel like they won't be believed.

Rogers said the current policies aren't working - "Operation Honour," intended to address sexual harassment, is widely known in the military as "Hop On Her."

A spokesperson confirmed the CAF had been served with the lawsuit, and said the government is deciding its "next steps."



Glynis Rogers, a former member of CAF and lead plaintiff of the class action suit. CONTRIBUTED

STREETS

Homeless backpack heads to Vancouver

Jen St. Denis
Metro | Vancouver

A backpack designed specifically for the homeless and already distributed to 35,000 people in the United States is heading to Vancouver.

A Chicago charity called CityPak and Wolfe Auto Group, a vehicle dealership based in Surrey, have partnered to distribute a total of 750 backpacks in Vancouver and Surrey.

"It's made of ballistic nylon, it's very, very weather resistant," said Ron Kaplan, the founder of CityPak. The backpack is designed to be rain and theft-resistant, with a strap that can be worn around the wrist or ankle, and loud Velcro closures that would alert the wearer to an attempted theft.

It also has a waterproof pouch for important identification documents, straps on the bottom to hold a blanket or sleeping bag, and a poncho that fits into a pocket in the bag.

CRIME

'It was just a mistake': Restorative justice has real impact on lives

Yvette d'Entremont
Metro | Halifax

Carolyn Stewart and Meghan Peters sat together Monday morning, chatting like old friends.

They were nervously waiting to speak with reporters following a press conference about the expansion of the province's restorative justice program.

The pair got to know each other after Stewart broke into Peters' café in Antigonish about a year ago. They opted to participate in adult restorative justice.

"I wanted to meet the woman who broke in and so I asked the police officer who arrested her if there was any way I'd be able to meet her and he said, 'Actually, there is,' and he spoke to the Crown," Peters recalled.

"I had so many questions. Why? How? And she answered them and I saw that she was very, very remorseful and that it was just a mistake."

By the end of this month, Nova Scotia will have the only province-wide restorative justice program in Canada available to both adults and youth.

At a press conference on Monday morning, Justice Minister Diana Whalen said the program has proven so successful with youth that it is being expanded to include adults.

"We've seen how restorative justice can benefit our youth and we believe it can do the same for adults," Whalen said.

Peters said she feels justice was served, and she and Stewart are working together to deliver a community dinner to help Stewart further "redeem" herself in the eyes of the community.

Stewart, 22, said breaking into the café was her first, and last, brush with the law.

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Fukushima on high alert

JAPAN

7.4 magnitude quake caused early tsunami warning

Japan lifted a tsunami warning for its northeastern coast nearly four hours after a powerful offshore earthquake.

A tsunami advisory for waves of up to 1 metre (3 feet) remained in place for much of the Pacific coast.

The earlier warning was for waves of up to 3 metres (10 feet). The Japan Meteorological Agency had urged residents to flee quickly to higher ground.

The highest tsunami so far was recorded at Sendai Bay about two hours after the earthquake. The Japan Meteorological Agency has recorded smaller waves along the coast. It warned that waves of up to 3 metres (10 feet) could reach Fukushima and Miyagi prefectures.

Fukushima prefecture is home to the nuclear power plant that was destroyed by a huge tsunami following an offshore earthquake in 2011.

The operator of the Fukushima Dai-ichi plant said there were no abnormalities observed at the plant, though a swelling of the tide of up to 1 metre has been detected offshore.

Plant operator TEPCO said a pump that supplies cooling water to a spent fuel pool at the nearby Fukushima Dai-ni plant stopped temporarily, but that it was working again. The Tokyo-based utility is investigating the cause.

The U.S. Geological Survey measured the magnitude at 6.9. The earthquake shook buildings in Tokyo, 240 kilometres southwest of the epicenter.

The meteorological agency said the quake struck at a depth of 10 kilometres. It revised up the magnitude from an initial reading of 7.3. NHK urged people to evacuate immediately, reminding them of the devastating 2011 quake that killed about 18,000 people. THE ASSOCIATED PRESS

INDIA SEARCH FOR SURVIVORS AMID RUBBLE An injured train passenger receives treatment at a hospital in Kanpur, on Monday. Rescuers continued their search for survivors amongst the twisted remains of a derailed train as the death toll from one of India's worst rail disasters rose to 145. About 226 people were hurt, including 76 with serious injuries. AFP/GETTY IMAGES

Choosing cabinet a new reality show

Donald Trump held court from his perch high above Manhattan on Monday, receiving a line of former rivals, longtime allies and TV executives while overseeing a presidential transition that at times resembles a reality show like the one he once hosted.

Trump met with nearly a dozen prospective hires, all of whom were paraded in front of the cameras set up in the Trump Tower lobby as they entered an elevator to see the president-elect. Out of public view himself, he fell back on his TV star roots by filming a video that touted his legislative goals once he takes office.

Trump did not announce any appointments after the meetings, which came on the heels of a two-day whirlwind of interviews at his golf course in Bedminster, New Jersey.

Unlike his predecessors, who often spoke with Cabinet candidates under a cloud of secrecy, Trump has turned the search into a very public audition process. THE ASSOCIATED PRESS

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metro

'Little rascal' Prince George and his father Prince William at Government House in Victoria, B.C. in September. THE CANADIAN PRESS

Parenting 'quite a change' for William

Prince William has spoken about fatherhood, revealing he's just like regular parents and has "struggled at times."

The royal, who was on a two-day trip to Vietnam to raise awareness about illegal wildlife trade, gave a lengthy interview to Talk Vietnam.

As well as discussing wildlife protection in a recent interview, he spoke about his wife, Kate Middleton, and his two children, Prince George, 3, and Princess Charlotte, 1.

"There's wonderful highs and there's wonderful lows," Prince William said of parenthood. "It's been quite a change for me personally. I'm very lucky in the support I have from Catherine. She's an amazing mother and a fantastic wife."

> **You've gotta make the time for the family. It's very important.**
> Prince William

"But I've struggled at times," he added. "The alteration from being a single, independent man to going into marriage and then having children is life-changing. I adore my children very much and I've learned a lot about myself and family just from having my own children. It's amazing how much you pick up just in those moments."

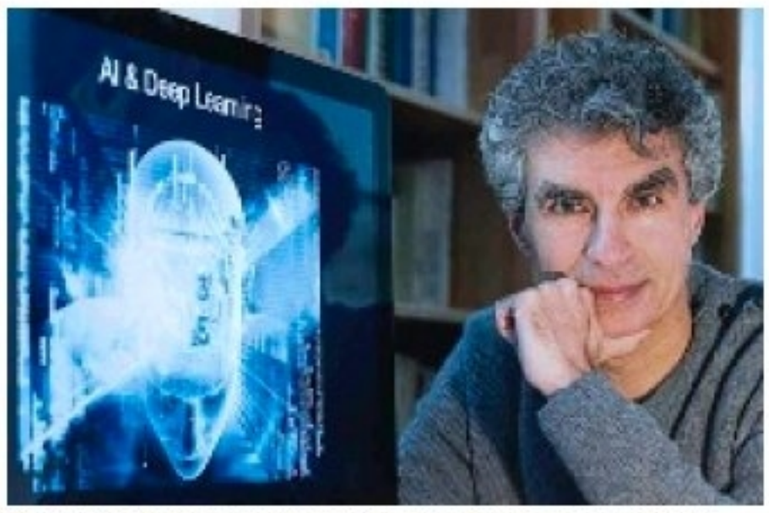
The Prince spoke about his son George, calling him "a little rascal," who "keeps me on my toes."

"But he's a sweet boy," Prince William added.

He also talked about his daughter Charlotte. The Prince, who grew up with his brother Prince Harry, did not have any sisters, and said "having a daughter is a very different dynamic.

"So I'm learning about having a daughter, having a girl in the family," he said. "But it's wonderful and fantastic."

TORSTAR NEWS SERVICE



Computer Science professor Yoshua Bengio says artificial intelligence "will affect pretty much every economic sector."
THE CANADIAN PRESS

BROADCASTING

Regulator tightens reins on TV providers

Canada's broadcast regulator renewed the licences of most TV service providers for one year, rather than the usual seven-year term, as it keeps a close eye on whether their basic cable offerings are keeping customers' interests and wallets in mind.

"We have the one-year licence renewal to have a watchful eye on the deployment of this next phase of the Let's Talk TV policy," said Scott Hutton, the CRTC's executive director of broadcasting.

The Canadian Radio-television and Telecommunications Commission's so-called skinny basic TV policy goes into full effect on Dec. 1.

Since March 1, TV service providers have had to offer customers basic cable packages at no more than $25 monthly, and allow them to add on extra channels individually or through pre-packaged bundles of up to 10 channels. Starting in December, companies must offer both individual and small packages of channels to customers.

$25
The maximum TV service providers can charge for so-called skinny basic TV.

The regulator released a set of best practices Monday "to ensure that there's some course correction," Hutton said. The CRTC said companies should give customers information on the soon-to-be available choices, offer online tools that will allow subscribers to add or remove channels easily and provide different options for obtaining a set-top box, among other things.

The regulator will evaluate how well the TV service providers adhere to these practices, as well as other compliance issues, when their licences are set to expire next year.
THE CANADIAN PRESS

Tech giants investing in Montreal

ARTIFICIAL INTELLIGENCE

Google sees city as 'super-cluster' of knowledge

Artificial intelligence, once relegated to the realm of science fiction, is now found in everything from translation services to virtual assistants to video games.

And as companies race to develop self-driving cars and offer increasingly personalized online experiences, they're building on research that was largely pioneered by a group of Canadian researchers who are still attracting plenty of attention and investment dollars.

Montreal, in particular, has developed a concentration of expertise in the area of AI, largely thanks to the efforts of Universite de Montreal professor Yoshua Bengio, head of the Montreal Institute for Learning Algorithms (MILA). "(AI) will affect pretty much every economic sector; right now is just the tip of the iceberg," Bengio said.

"One of the things we are going to see more of is how these technologies affect how we interact with computers."

As a result of its research, Bengio says the institute has attracted interest from "most of the major IT companies," some of which have also provided funding.

Now, tech giant Google is jumping in, investing $4.5 million over three years to support the institute's research, as well as opening an AI research group at its Montreal office.

This comes on the heels of the Canadian government announcing an investment of more than $200 million in three Montreal universities — including Bengio's — to create a learning hub to explore artificial intelligence and big data.

Shibl Mourad, the head of engineering for Google's Montreal office, says the company hopes to help turn the city into a "super-cluster" of AI knowledge that will attract corporate investors, burgeoning startups and researchers.

The lab Bengio leads is one of the largest in the world dedicated to studying Deep Learning, one of the underpinnings of AI.
THE CANADIAN PRESS

IN BRIEF

Wind changing its name
Wind Mobile is changing its name to Freedom Mobile and upgrading its network. The company said it's rolling out LTE service starting with Toronto and Vancouver on Nov. 27, followed by Ottawa, Calgary and Edmonton by the summer.
THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, November 22, 2016

EMMA TEITEL ON GOOD CITIZENSHIP IN A NEW MEDIA AGE

We live in a state of social, technological and political flux. And like the 'poor devils' on Downton we appear to be acting like 'chickens with our heads cut off.'

This past week, when my wife Ella was sick with bronchitis and depressed about the victory of Donald Trump, she escaped into the soothing, low-stakes world of Downton Abbey.

Downton Abbey is a place where picking up the wrong fork at dinner is a sin on par with manslaughter, as is walking into the servants' quarters unannounced and wearing to supper what you wore to lunch.

Ella laughed hard when Mr. Carson, Downton's officious butler with a heart of burnished gold, struggled to use the telephone.

And she laughed again when Lord Grantham, the estate's patriarch, balked at his young niece Lady Rose's suggestion that Downton Abbey get (gasp!) a radio.

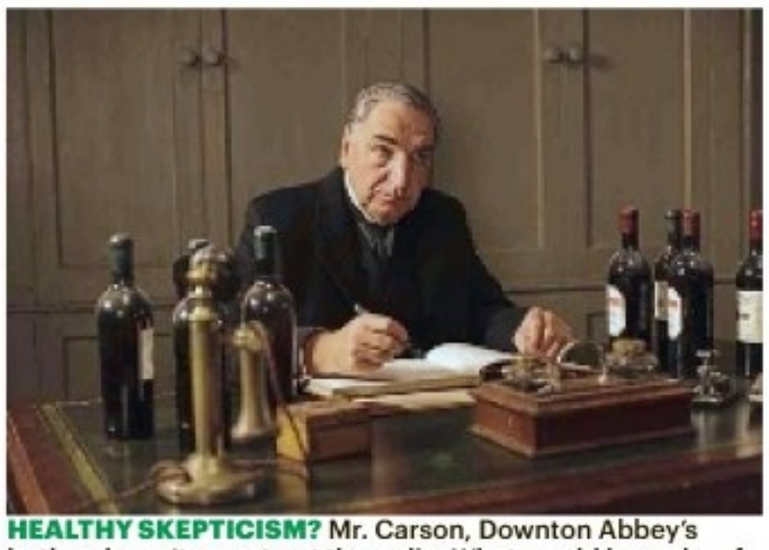
But I didn't laugh.

In fact, I couldn't laugh, not just because I had already binge-watched Downton Abbey ages ago, but because the apparently absurd, change-wary world it portrayed no longer struck me as quaint and escapist but as uncomfortably familiar.

The stretch isn't as hard as you might think. Like the characters on Downton Abbey (both upstairs and down) we too live at the relative dawn of a new century, in a state of social, technological and political flux. And like the "poor devils" on Downton (to borrow a phrase from Lord Grantham) we also appear to be navigating this new world like (to borrow a phrase from Mrs. Patmore, Downton's exasperated cook) "a bunch of chickens with our heads cut off."

We have a duty to our democracies and to future generations to brush up on our media literacy skills.

For proof of our own extreme cognitive dissonance, a hundred years post-Downton, look no further than the deluge of doomsday predictions and anxious monologues that continue to dominate our social-media news feeds day in and day out, partly the result of Donald Trump's improbable victory and the piqued conservative reaction to liberal anguish about that victory. But even more the result of the very revolutionary online media we've had to navigate, an innovation as problematic as, yes, the radio once was.



HEALTHY SKEPTICISM? Mr. Carson, Downton Abbey's butler, doesn't even trust the radio. What would he make of Facebook? CONTRIBUTED

In fact the online universe is also instrumental in another development that might be even more troubling: This is the growing charge that phoney and fabricated news stories, consumed and shared en masse on Facebook, have begun to take a far greater role in deciding our elections and shaping our democracies than the legacy media institutions that ruled the 20th century.

In other words, Goodbye New York Times, Hello The Daily Currant, Breitbart and Clickhole. Today, nearly half of American adults get their news from Facebook, and a lot of that news, unknown to the people sharing it, originates from media sources that are not merely biased but often satirical, hyper-partisan and deliberately misleading.

If you don't think this is a problem, you either aren't on Facebook or you're a spokesperson for it.

Facebook, predictably, tried its very best this week to deny that it had an outsized influence on the U.S. election. According to a spokesperson from the social network, in a written statement to the Toronto Star, "While Facebook played a part in this election, it was just one of many ways people received their information — and was one of the many ways people connected with their leaders, engaged in the political process and shared their views."

In Facebook's defence, there are people around who still read print newspapers and listen to the radio, but this group (much like the lords and ladies of Downton Abbey in 1916) is a quickly dying breed. According to the American Press Institute, "Fully 88 per cent of Millennials get news from Facebook regularly, for instance, and more than half of them do so daily."

Given those statistics, here's hoping that they (i.e. we) take to heart the advice of Melissa Zimdars, a Massachusetts college professor, who recently compiled a list of phoney and misleading news sites that peddle half-truths, untruths and screaming headlines written specifically to get our goat.

If an online news story "makes you REALLY ANGRY," writes Zimdars in a Google Document she's made available to the general public, "it's probably a good idea to keep reading about the topic via other sources to make sure the story you read wasn't purposefully trying to make you angry (with potentially misleading or false information) in order to generate shares and ad revenue."

Amen. We have a duty to ourselves, to our democracies and to future generations to brush up on our media literacy skills. And we have a duty not to scoff at new media, as Lord Grantham and Mr. Carson scoff at the radio, or to kowtow to it (as they eventually do), but to use it subversively, with a healthy dose of skepticism, and to use it to share information responsibly.

This is nothing more than paying it forward. Before we know it, our great grandchildren will be escaping the madness of their own day (ahem, climate change) to indulge in TV dramas about the early 21st century, a time and place when their ancestors attempted something called "the mannequin challenge" and swallowed wholesale phoney news stories about the end of the world. Let's try not to give them too much material to roll their eyes at.

Emma Teitel is a national affairs columnist for the Toronto Star.

Open letter to a loser with a spray can

COLLINS' CAPITAL
Steve Collins

I know it's a bold assumption that you're reading this, even that you necessarily read. But the evil, cowardly slurs you've scrawled on this city's places of worship were spelled correctly, so I presume that you're literate and, despite evident failures on this front in the past, even educable.

You even taught me a little something about white supremacist symbology. The swastikas? I get those. Subtle. Original. Your mom must be very proud.

But the "1488" you left on the doors of Parkdale United Church last Thursday night? I had to look that up. The Anti-Defamation League informs me the 14 refers to a 14-word neo-Nazi mission statement, "We must secure the existence of our people and a future for white children."

Very enlightening. Let me return the favour: You're not "we." You're "you." There is no separate future for white children? They're not of your race, as you imagine it. They're with the humans, in everybody's present and future.

The 88, even I knew, is code for two H's, a short form for "Heil Hitler." Lovely.

I know we're a bit past Remembrance Day, on which we tend to emphasize the sacrifices, the losses, because war is so inconceivably costly. But, lest you forget, our guys kicked your hero's sorry, hateful little arse.

That's part of the reason why, in 2016, you do what you did under cover of darkness, afraid to show your true colours. And you're right to be afraid. It's the only thing you're right about.

Parkdale. Kehillat Beth Israel Synagogue. The Ottawa Mosque. Machzikei Hadas Synagogue. Glebe Minyan Prayer Centre. Was it all you? I note the red paint, a certain moronic consistency of theme.

It doesn't really matter if you're one isolated hater, or a couple of kids being ignorantly edgy with bad words you don't truly understand.

Your acts disgust me, make me want to hurt you, and the decent, measured responses of your victims shame me. They want to explain to you what you've done, fight hate with compassion.

The last time Parkdale United was hit with racist graffiti, in January, its pastor, Rev. Anthony Bailey, said he'd like to take the perpetrator to lunch. At the very least, he added, they'd get a meal. Like the Snickers commercial, he hopes, maybe you're not yourself when you're hungry. That's some pretty serious benefit of the doubt.

Perhaps you aren't aware that your desecrations cause a sick, creeping fear. They're threats, after all, no matter how empty, and they're freighted with real historical atrocities to which they've been prelude before. They're in contravention of the Criminal Code for a reason.

Ottawa has seen hate and tribalism before, going back to the Shiners' War that pitted Irish and French against each other in the 1830s. We've steadily outgrown it, and it's time for you to grow.

Our city belongs to Christians, Muslims, Jews, devout none-of-the-aboves. All colours, genders, even you. Awful, isn't it?

You lose. You'll always lose as long as you keep acting the loser.

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ATHLETICS

Millennials say spending more on exercise is worth it

Megan Haynes
For Metro Canada

When fitness upends your budget

Carly Chow (above) and Jennica Fudge (right) spend about $2,000 and $1,000 a year, respectively, on classes. CONTRIBUTED

Carly Chow likes to move. The 30-year-old has done everything from juggling and burlesque classes, to samba lessons and pole dancing.

The sales and marketing professional also does flexibility/contortion classes (to help her get into the hard-to-reach splits for certain pole tricks), as well as lyra (hanging hula hoop dancing) and occasionally silk aerial classes. Sometimes she even sneaks in a game of dodgeball.

The array of aerobics helps her work on her upper body strength, and ensure the Albertan, who now lives in Toronto, can eat as much steak as she likes.

It's one reason the monthly price tag (approximately $140 for a subscription to her dance studio, $80 every two months for performance troupes, $45 for the occasional workshop, $15 for drop-in classes elsewhere, plus gear) doesn't turn her off.

She's not the only millennial dropping big bucks for fitness. The industry is growing — private gyms grew 5.6 per cent between 2011 and 2016, and is now a $3 billion industry, according to research firm Ibis. Millennials make up 40 per cent of aerobic activity participants (activities other than weights, running or biking), says Matthew Teeple, manager sports, at research firm NPD Group. Athletic clothing and footwear is also growing at a rate of seven per cent a year, he says, and millennials in particular make up 30 per cent of these purchases — or more than $2.4 billion annually.

Sensing the opportunity, higher-end specialized studios have been creeping into the market. Earlier this month, New-York based cycling studio SoulCycle announced it will bring its classes (approximately $34 US per class, plus $3 for clip-in shoe rentals) to Canada.

That may be pricey for some, but millennials overall want to lead "healthier" lifestyles and are willing to prioritize spending on it as a result, Teeple says.

Elijah Di Gangi, 28, has been a fitness buff for the past decade. The marketing professional estimates his gym membership cost to be $100 a month (although about half of it is subsidized by work), while supplements and vitamins add up to about $60 each month.

"I have no qualms with paying that amount. I think it pays for itself in how great I feel, and certainly I'd rather spend the money on bettering myself physically than drinking or squandering it on things I don't need."

Chow also is comfortable with how much she spends, and not just because of the fitness aspect. She appreciates the sense of community and the comfort level she develops with the teachers and fellow students at her classes.

"I like working out as a socializing activity — you can talk to your friends, make new ones," she says. "It's a safe environment and it's a supportive community."

Ottawa-based Jennica Fudge does four to five belly dancing classes a week, at an average cost of $135 a month. It's a creative outlet for the 29-year-old graphic designer, who also sees the dance classes as a way to connect with new people.

She says the cost isn't a concern — she has a pretty strict budget, and tries to stay well within it while continuing to meet her savings goals.

She also says she's frugal with the rest of her money.

"It's not like I'm going to go drop money on an expensive jacket," says Fudge. "And if there's one month I can't afford the class, then I don't go."

$ MONEY

Cut other monthly expenses to save in favour of fitness costs

When it comes to fitness, the key is to live within your means, says Shannon Simmons, a financial planner and founder of New School of Finances. Cut other recurring costs, like cable, or negotiating a smaller cellphone bill, to help balance the budget. Walking more or eating out less can also be healthy ways of saving money in favour of fitness.

Never let the cost of a membership — often a subscription that isn't seen — sit on a credit card, and never sacrifice savings goals for a quick work out, she says.

Finally, if you're paying for a gym class or membership, make sure to take full advantage of the workout.

MEGAN HAYNES/FOR METRO

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COSMETIC SURGERY

Hold the lines: millennials are turning to Botox earlier than ever

Some millennials keen on preserving their youth are turning to Botox to smooth away hints of creases on their faces before they become more pronounced.

A recent survey of American Academy of Facial Plastic and Reconstructive Surgery members reported a surge in patients under 30 getting "preventative Botox."

And it appears to be a broader trend. Toronto-based cosmetic plastic surgeon Cory Torgerson whose practice focuses on the face and neck said he's "definitely seeing" it.

"The (millennials) are cued in to preventative maintenance and are engaging in injectable cosmetic procedures more commonly in their 20s and 30s," said Torgerson.

In the U.S. survey, 64 per cent of members reported an increase in millennial patients getting injectable treatments or cosmetic surgery. The American Society for Aesthetic Plastic Surgery reported that Botox treatments for people between the ages of 19 to 34 shot up by 41 per cent between 2011 and 2015. The trend doesn't surprise Candace Shaw, a Toronto-based feminist and cultural commentator.

"We have such an image driven culture, so I can see why a lot of people, especially people who grew up in a culture where we have the Internet, we have Facebook, we have Instagram, are responding by saying, 'well, I want to look my best and in this culture my best is not having wrinkles,'" she said.

Gina Bourne, a 31-year-old OCAD student who also works as an executive assistant, started getting Botox when she was 29.

"(At the time) nobody I knew was doing it," she said. "I had these lines between my eyebrows and on my forehead and I just had been feeling like I was looking a little tired for a while."

Bourne did some research and found Botox, one of three products that stop muscles from contracting, pulling on the skin and creating wrinkles, was preventative, so she kept the treatments up. She thinks she'll do it for the rest of her life, she said, barring any advancements.

"I definitely feel that it's had a good result for me," she said. It feels smoothed out, said Bourne, adding she doesn't look tired and doesn't "worry about going out without make-up on."

Dr. Sean Rice, a Toronto-based plastic and cosmetic surgeon, said many of his clients come in when they are "starting to see (wrinkles) and it's kind of freaking them out," he said, adding they use it as a prophylactic measure to "avoid getting wrinkles down the road."

Rice, 51, and Torgerson, too coy to give his age, both use Botox preventively to eliminate wrinkles.

"For me, I can really personally notice a big difference in the way my appearance looks between when I have Botox and don't have Botox," said Rice, adding he gets it on his forehead and the glabella, the area between the eyes.

> **"We have such an image driven culture, so I can see why a lot of people are responding.**
> Candace Shaw

Bourne says the cost can be prohibitive. She gets the treatment every six months at a cost of $440 per visit, though prices vary on the clinic and the size of the area being treated.

"I don't think it's too affordable," she admits.

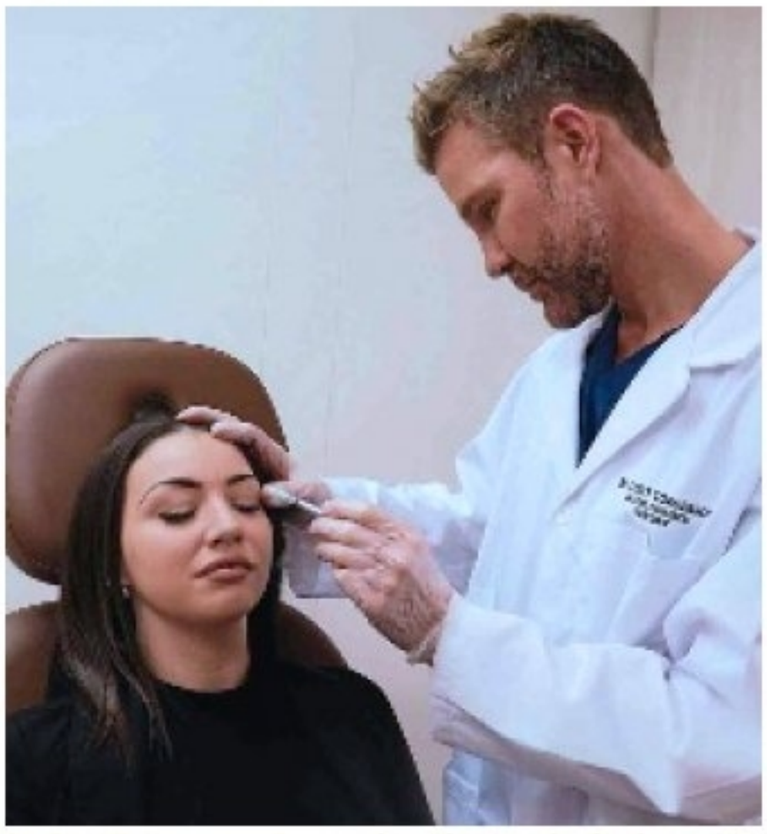
It's not just the pre-creased millennial women who are smoothing the developing lines. Young men do too.

Torgerson estimates about 25 per cent of his millennial-age clients are men, while Rice says about 40 per cent of his are men.

Part of that is the greater pressure on women to look young.

"On the one hand it's a shame that people feel the pressure to take fairly invasive medical steps to avoid aging," said Shaw.

"But on the other hand I have to say, you know, I can't judge an individual for making a choice for what to do with their body." TORSTAR NEWS SERVICE



Dr. Cory Torgerson, a Toronto-based cosmetic plastic surgeon, said he's been seeing a trend of millennials coming in for preventative Botox. He started using Botox himself in his late 20s for the same reason. AZZURA LALANI/TORSTAR NEWS SERVICE

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Quiet as Lam...but that's no bad thing

INTERVIEW

Amid the noise, designer's cool elegance helps him stand out

Derek Lam is a great example of how quieter, cooler and more elegant ideas will always win the fashion game. The noise and chaos of big-tent fashion — swollen heads and egos, gnashing logos and supermodels, the blink-and-gone trend hamster wheel — burns itself out.

What is left is elegant American sportswear that stands the test of time, and that is the foundation that Lam, now 50, has been building on steadily. In Toronto for a public appearance and runway presentation last week at Holt Renfrew in Yorkdale Shopping Centre, Lam showed his '70s-inflected, denim-heavy resort 2017 Derek Lam 10 Crosby line. He also took time to take stock in this time of roiling change in the retail and online fashion industry.

"There is just so much noise right now," he says, "especially about how the client is supposed to absorb and consume fashion."

Lam has spent a career putting his foot down on fashion's circus side. He made the surprising choice to show his spring 2017 collection earlier this fall to a handful of editors and buyers in an intimate setting instead of the usual three-ring runway spectacular at New York Fashion Week. "Intimacy is my statement on the shift to see now, buy now," he says. "Let it be intimate, with me talking directly about the work."

The whole Derek Lam world is available at Holts, with his premium eponymous collection ranging from $1,000 to $2,500 for dresses and gowns; Derek Lam 10 Crosby, his more casual contemporary line, named for the location of his Lower Manhattan studio, runs from $350 to $975 for women's blazers and coats.

Lam literally grew up in the garment business, in the San Francisco bridal dress factory owned by his grandparents. After graduating from New York's Parsons School of Design, he began his career at Michael Kors, before it became "the larger-than-life brand we know today, in capital letters," says Lam.

Lam was a designer for Kors (who remains the king of sexy American sportswear) through the '90s. He is a classic Generation X and like other creative types in his generational cohort he apprenticed before striking out on his own.

When he did make the leap, in 2003, his vision was clear. "That was a time when designers were big and loud, almost caricatures," he says. "I didn't feel the products lived up to the hype. I wanted to offer an alternative perspective, a personal view of style. I want all the attention on the work, and by extension, on the woman wearing my clothing."

Indeed, he has kept his growth slow, deliberate and "organic," in his words, partnering only with people who make sense — the artisans outside Venice who make his shoes, or the bag makers in Tuscany.

Lam has dressed U.S. first lady Michelle Obama, and his celebrity fans tend to be street-style stars known for "classy" or understated good taste, such as socialite Olivia Palermo.

A designer noted for his ferocious research, his chief laboratory is his window that looks out onto a SoHo street. "I'm so obsessed with watching women in the street. My window looks out onto a parade of inspiration."

And for his first foray into fragrance, he reverted to the moments he witnessed out that SoHo studio window. Each of the 10 fragrances is based on moods, feelings, and the moments in time they capture. Thus you have Rain Day to Drunk on Youth and 2 a.m. Kiss. He explains Blackout thusly: "It was based on the real New York blackout. It starts with trepidation and moves into a block party, a place where you find community."

That subtle message is at the heart of Lam's work: a quiet reflection, a moment of feeling.

TORSTAR NEWS SERVICE

> **I didn't feel the products lived up to the hype. I wanted to offer an alternative perspective.** Derek Lam

Fashion designer Derek Lam's upcoming line — Derek Lam 10 Crosby — is named after and inspired by his New York studio space and the women who walk by his window. The Mini Ave A Top Handle Satchel costs $745 at Holt Renfrew.

CARLOS OSORIO/JENNA MARIE WAKANI/TORSTAR NEW SERVICE

SPONSORED CONTENT — MBA GUIDE

Prepping for your MBA entrance interview

Pantsuit ironed and head held high, you walk confidently into your MBA entrance interview only to trip over the recruiter's foot and fall flat against the floor.

Relax — this time around was only a dream, but something has told you it's time to start setting the scene for this upcoming event. So what exactly should you consider when getting set for your face-to-face?

"As with any interview, the student should prepare," says Cynthia Bishop, manager of student experience at McMaster University's DeGroote School of Business. "They should be researching the school and the program and should have a clear understanding of their application."

An application, says Bishop, that doesn't necessarily have to feature coveted positions at illustrious corporations.

"They could speak to summer jobs and volunteer work," says Bishop. "Often we look at the undergrad period. Did they organize clubs or competitive sports? We're probing to see that they demonstrating the potential for future leadership."

ISTOCK

And while Sandra Betton, MBA director at Concordia's John Molson School of Business, reminds that students should remember to bring along such tangible items as their statement of purpose and reference letters, there are a couple of things they should always check at the interview door.

"Two things a student should avoid are arrogance and not listening to the questions," says Betton.

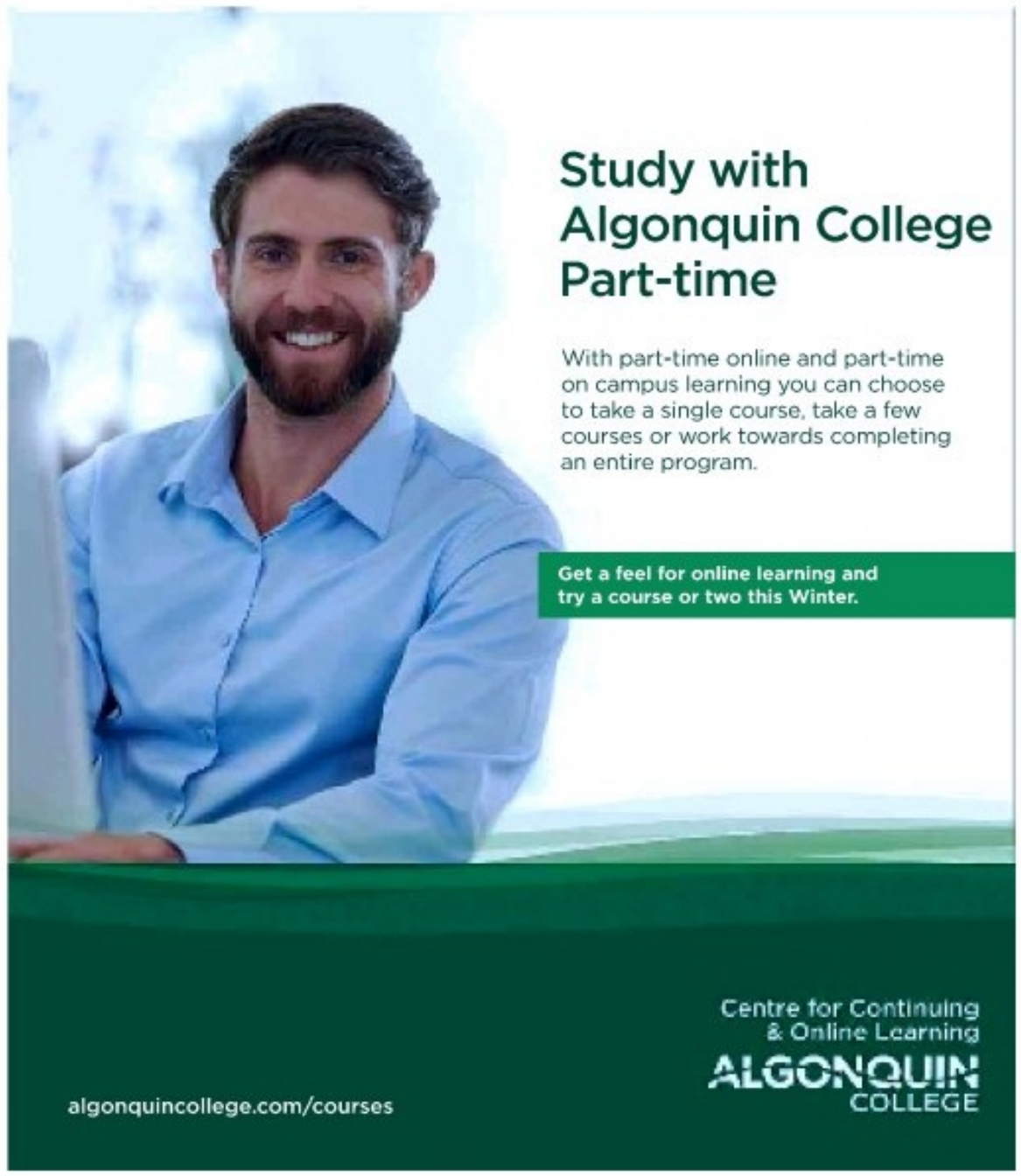
"Not listening to the question is often a result of being nervous and we realize that," says Betton. "However, an answer that is completely off topic is a problem."

Betton adds that it's critical for interviewees to remember that the process is an opportunity to fill in the colour and texture that is often missing from rather clinical transcripts and CVs.

"Don't treat the interview as a meeting," says DeGroote's Bishop.

"The candidates that blow it out of the water know who they are and know where they want to go."

— *LIZ BEDDALL*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JOHANNA SCHNELLER WHAT I'M WATCHING

Atlanta worth a return trip

THE SHOW: Atlanta, Season 1, Episode 9
THE MOMENT: The playwright

One visit to Atlanta is just not enough, given the subtle tone and the ultra dry wit throughout the series. CONTRIBUTED

Earn (Donald Glover) and Vanessa (Zazie Beetz), the mother of his daughter, attend a Juneteenth party thrown by a rich, interracial couple.

Vanessa is hoping to impress the wife, a black woman who wishes she were white. The white husband, who wishes he were black, is trying to impress Earn.

Earn hates it all: the vibe, which he likens to a "Spike Lee-directed Eyes Wide Shut." The centrepieces shaped like slave ships. The pretentious guests, including a woman playwright who touts her latest work, With Tail Between Legs.

"It takes place in a strip club," she trills. "Two gangbangers hold a pastor, a drug dealer and a pregnant teen hostage, in the middle of Hurricane Katrina."

"That's a real situation," Earn deadpans. "I'm glad that story is being told."

This is the third new series starring black characters who are navigating through largely white worlds (the other two are Insecure and Queen Sugar) and it's the most original.

Glover, who created and writes it, has absorbed a key lesson from his years on Community: you can pull off anything on television if you're fearless enough.

So Earn, a depressed Princeton dropout who's managing his rapper cousin, can spend one episode at a fundraiser with Justin Bieber (who in the world of this show is black) and another witnessing his Uber driver being shot by cops for dealing drugs and weapons.

The tone throughout is so subtle and the wit so dry, each episode is better the second time you watch it.

Atlanta airs on FX Canada.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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More the merrier for girls' reunion

Lorelai and Rory Gilmore (Lauren Graham and Alexis Bledel) are back in our lives. NETFLIX

NETFLIX

Lorelai, Rory and Co. return and serve up a slice of comfort

The familiar voices float softly from a black screen, as if in a dream.

There's Luke, gruffly: "How many cups have you had this morning?" And this parent-child banter: "Did you do something slutty?" Rory teasingly asks her mom. "I'm not THAT happy," shoots back Lorelai.

Thankfully, it's not imagined. It's the reality of Gilmore Girls, returning Friday after a nine-year absence, during which longtime fans pined for what they'd lost and newcomers discovered what they'd missed through reruns.

Opening-credit snippets of the show's hallmark dialogue kick off Netflix's sequel to the 2000-07 broadcast series with a promise: the characters, their snappy banter and the show's key notes will be honoured.

But the four-part Gilmore Girls: A Year in the Life is aimed at more than true believers, creator Amy Sherman-Palladino said in an interview.

"We want it to be something that fans know, but if you haven't watched Gilmore you can come to it fresh and take it on face value: It's a story of three women, an intergenerational, multi-generational story, and you are catching them at times that each of their lives is changing."

That trio around which the universe rotates consists of devoted single mom Lorelai Gilmore (Lauren Graham), her equally devoted daughter Rory (Alexis Bledel) and stern grandmother Emily (Kelly Bishop). As the first chapter opens, Lorelai and Rory are still the belles of fictional Connecticut hamlet Stars Hollow — so perfect, quips Lorelai, it belongs in a snow globe.

Luke (Scott Patterson), Lorelai's on-again, off-again love is here, as are the supporting characters who gave the show, well, character. That includes official town nudge Taylor (now lobbying for a sewer system); reliably idiosyncratic Kirk (he's just launched Ooober, a non-app version of Uber) and even buoyant chef Sookie (courtesy of Melissa McCarthy's return to her TV roots).

Whatever bliss viewers find in the girl-power dramedy's resurrection may be exceeded only by that of Sherman-Palladino, who wrote and produced it with Dan Palladino, her husband and creative partner on the sequel and the original.

"It was literally like no time had passed," Sherman-Palladino told a TV critics' news conference. "It was joyous. It was fun. It was exhilarating."

Graham sees Gilmore Girls as a welcome refuge from hard-edged TV and our prickly modern reality in general.

> **It was the old show. It was just like it was meant to continue.**
> Amy Sherman-Palladino

"I think it's because it's extremely comforting in a world that is lacking comfort and has a great choice of shows available that are stressful — great, but stressful — and so this kind of stands out in the way that it did then," she said.

The 90-minute episodes follow the seasons and are titled for each, starting with Winter. While Lorelai and Emily face Richard's death in their own way, they also find their relationship affected by it.

Rory's romantic past is a factor as all of her ex-boyfriends appear "one way or another," said Bledel. So is the character's journalism career, and while Bledel is aware that her character's love life intrigues viewers, she'd like them to consider the complete young woman.

"There is so much more to her character that it's great when people focus on those things, on her ambition and her accomplishments," the actress said.

Given that all the episodes will be made available at once on streaming service Netflix, Sherman-Palladino sees trouble on the horizon.

After holding close the four words she's long said should end the Gilmore saga (she wasn't in charge of the show's last season on the CW network), she wants viewers to avoid spoiling the experience, either by posting the phrase or by impatiently jumping to the final scene.

"It's going to mean a lot more if you've taken the journey, and it's going to mean a lot less if you just flip to the last page. ... It's a fun trip. It's worth it," she said.

THE ASSOCIATED PRESS

HEALTH AND WELLNESS

Nutritious eating trends for 2017

ISTOCK

If naked eating, bugs, and healthy party food make your mouth water, then 2017 may be an exciting year. Here Nema McGlynn, registered dietitian at Loblaws, shares her predictions for five nutritious eating trends.

1. Alternative proteins: "Although meat isn't going anywhere, plant protein sources like nuts, seeds, beans, and grains are playing a greater role in our usual cooking repertoire. Insect-based foods like cricket protein powder and mealworm are popping up in grocery stores and are gaining a following with adventurous eaters looking for more sustainable protein sources," says McGlynn. A recent survey suggests that global demand for alternative proteins is set to double by 2024.

2. Back to basics: Nutritional information and food labelling are hot-button topics, resulting in more people taking an interest in the value of what they're eating. More of us are looking for additive-free ingredient lists or simpler ingredient decks. Programs like Guiding Stars make it easy to gauge the nutritional value of products and will continue to be popular among time-strapped shoppers who may not know how to interpret nutrition tables.

3. Healthy entertaining: Nutritious food is playing a greater role in the world of dinner parties and social occasions, but healthy entertaining will go beyond unabashedly serving nutritious meals to our guests. "Whether it's a post-workout snack with your running group or alcohol-free parties with other fitness-oriented friends, social eating is taking on a new face in this health-conscious era," says McGlynn.

4. Mindful eating and eating with purpose: Although we don't think Instagram culture is going anywhere, we're seeing greater attention paid not just to what people are eating, but how they're eating it. McGlynn predicts that slowing down during meal time, turning off Netflix, and really understanding our food and where it comes from will make us happier and healthier in 2017.

5. Naked eating: Raw and unprocessed foods look like they're going to be in vogue this year. We're seeing an upward trend in Google searches for the term "cold-pressed" and interest in foods like seaweed. It sounds like there's a lot of curiosity around cold-pressed juices, oils and coffee versus other juicing and oil extraction methods which heat up or blend the item.

THE SOLUTIONS TO VARICOSE VEINS AND ITS SIDE EFFECTS

ISTOCK

Varicose veins affect nearly 60 per cent of the population and with the condition people can also suffer from the side effects of pain, numbness, leg fatigue and a burning sensation.

This painful condition occurs when the vein wall loses its elasticity and the pumping valves stop functioning properly. Varicose and spider veins are three times more likely to occur in women than men and this is due to hormones but heredity is the main cause.

But there is a solution, according to Dr. Lucie Beaupré of Dr. Beaupré Vein Clinic says the best way to treat these potential problems is through early diagnosis.

"Almost any type of varicose vein disease can be treated with sclerotherapy. Sometimes spider veins are a sign of something more serious that the patient should be seeking treatment for. Early treatment will give you better results." Beaupré adds.

Since 1978, Dr. Beaupré has treated, or supervised the treatment of, more than 100,000 patients. She is a member of both the Canadian Society of Phlebology and the American College of Phlebology and the first doctor in Ottawa to be certified by the American Board of Venous and Lymphatic Medicine.

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How digestive issues are affecting your mental health

More than half of the Canadian population suffers from some kind of digestive issue, including gas, bloating, constipation, diarrhea, and food sensitivities.

These could be caused by medications, by genetic predispositions, or from years of sub-optimal lifestyle choices. Clinical pharmacist Kent MacLeod of NutriChem says that many people don't even realize they have any issues.

"They pass their symptoms off as "just the way my body works," but these symptoms could actually be clues to the origins of their other issues, including mental health concerns," MacLeod says.

The clinicians at Ottawa's NutriChem Compounding Pharmacy and Clinic have been helping patients heal their digestive systems for over 35 years.

"The science doesn't lie," MacLeod says. "Evidence shows that the bacteria throughout our digestive system affect how we think, feel, perform, and respond to the world around us."

The enteric nervous system, found in the lining of the intestines, is known as the "second brain."

In addition to regulating the digestive process, the enteric nervous system relays information and sends neurotransmitters like dopamine, serotonin and GABA, and responds to emotions.

Fixing problems in people's gastrointestinal systems in order to help their other health concerns is a proven, effective, evidence-based way to help heal them.

"EVIDENCE SHOWS THAT THE BACTERIA THROUGHOUT OUR DIGESTIVE SYSTEM AFFECT HOW WE THINK, FEEL, PERFORM..."

– Clinical pharmacist Kent MacLeod of NutriChem

There is a very high benefit for little to no risk, whereas many drugs offer low success rates and can even cause other issues elsewhere in the body.

"In short, to fix our mental health, we must first improve our digestive health."

Through their comprehensive testing and personalized health solutions, NutriChem clinicians are able to test biochemical markers to determine what is contributing to a person's physical and mental health conditions.

To find out how the biochemistry of your gut is affecting your brain and body, set up an appointment with a NutriChem clinician at nutrichem.com.

Kent MacLeod is also offering an all-new webinar next month called "Does Your Microbiome Rule Your Mind".

Register with discount code METRO50 at bit.ly/FoodandMood.

CONTACT LENSES: DAILIES VERSUS REUSABLE

They're not for everyone but many people are turning to daily disposable contacts for the benefits they provide.

There are several reasons people much prefer daily contact lenses to traditional contact lenses as they provide comfort, simplicity and safety, according to Dr. Sheldon Butler, owner of Rideau Optometric.

"Daily disposable contact lenses are beneficial for a number of reasons; they are extremely convenient in today's busy world because there is no need to keep track of when to dispose of them and there isn't the hassle of having to clean them nightly, which also makes them easier for travel," he explains.

"They're also much more cost-effective for part-time wear. For example, monthly disposable contacts need to be thrown away 30 days after they are opened, not 30 wears. Daily contact lenses are a better option. Typically, they cost less than reusable lenses if a person wears contact lenses four days per week or less."

Dr. Butler says proper contact lens fittings are important for ocular health. Fittings by trained professionals are the only way to determine if lenses can be worn safely and are correcting vision properly.

"Lenses that do not fit properly increase the risk of injury, inflammation and infection. People sometimes think that ordering contact lenses online is more convenient. Unfortunately, if lenses aren't ordered according to the prescription your optometrist provided you there can be potential health risks. It is important to remember that glasses prescriptions and contact lens prescriptions are different."

The importance of proper contact lens care, which is very much simplified by wearing daily disposable contacts, is essential to the long term health of a patient's eyes. Proper contact lens care along with routine eye exams work hand in hand to ensure that the health of a patient's eyes is maintained.

Rideau Optometric fits the most recent and advanced contact lens technologies, including those for astigmatism and multi-focal options.

"No matter what your needs, we'll find a contact lens solution that works for you," Dr. Butler adds.

Rideau Optometric has two locations, with one in the Rideau Centre and one in the St. Laurent Centre. For more information, please visit RideauOptometric.com.

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metro SPORTS

Canadian opera group The Tenors will perform the anthem at the Grey Cup without controversial "All Lives Matter" ex-member Remigio Pereira

PGA

Canadian earns his first win in playoff

Mackenzie Hughes figured he was down to his last chance to stay alive in a four-man playoff Monday morning in the RSM Classic.

The Canadian rookie with pluck and a pure putting stroke poured in an 18-foot par putt from off the 17th green at Sea Island, and that last chance turned into his first PGA Tour victory when the other three players all missed from 10 feet or closer.

"I made the putt of my life right there," Hughes said.

$1M

The win netted Hughes $1.08 million US.

Hughes, from Dundas, Ont., calmed his nerves and came up clutch, becoming the first PGA Tour rookie in 20 years to go wire-to-wire for his first victory.

Hughes had a chance to end it Sunday night until his 10-foot birdie putt in the dark on the 18th hole turned away. The next morning, he was the only player who was never on the green at the par-3 17th until his ball was in the cup.

Blayne Barber, Henrik Norlander and Camilo Villegas narrowly missed their par putts to extend the playoff.

Hughes was watching from off the green, and the prospect of winning became more real with each putt that missed — first Barber, then Norlander. And when Villegas missed his seven footer, Hughes dropped his putter, turned his back on the green and knocked off his cap as he rubbed his head in disbelief.

THE ASSOCIATED PRESS

Mackenzie Hughes reacts to winning his first PGA Tour tournament on Monday.
STREETER LECKA/GETTY IMAGES

Reed returns to Grey Cup

Redblacks' Taylor Reed, top, and Damaso Munoz tackle the Lions' Anthony Allen on Oct. 1 in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

CFL PLAYOFFS

Redblacks linebacker eyes title against former team

Taylor Reed's season began with the Calgary Stampeders and will end Sunday against them.

Reed expects to play Sunday when Ottawa faces Calgary in the Grey Cup at BMO Field. An upper-body injury knocked the rugged linebacker out of the Redblacks' 35-23 East Division final win over the Edmonton Eskimos on Sunday but Reed said the unspecified ailment wasn't major.

"I'll get a little treatment and it'll be good," he said. "My defence is getting on me saying I should've sucked it up and gone back in but (Sederius Bryant) did a great job coming in and I knew he could get it done.

"I knew this defence and this team could get it done. All's well that ends well, we're going to the Grey Cup."

The six-foot, 241-pound Reed opened 2016 with Calgary after signing with the club as a key free agent in the off-season. Reed played 10 games, registering 40 tackles, two sacks and one forced fumble before being released with the emergence of rookie Alex Singleton.

But Reed wasn't unemployed long, signing with Ottawa less than 24 hours later. In nine games, including eight starts, the native of Beaumont, Texas, has 39 tackles and a sack for the Redblacks.

The former SMU star holds no grudges against the Stampeders and won't have an axe to grind against his former team come Sunday.

"Playing against Calgary will be crazy because a lot of those guys I'm still friends with," he said. "There's no animosity by no means.

"Right now, we're just trying to make sure we get our families and the people we want to take (to Toronto) and all the logistics of that. But this week will be preparation first and I'll worry about the Grey Cup when it's game time."

> **We just have to make sure as a team the game isn't too big for us.**
> Taylor Reed

Reed will make his second Grey Cup appearance looking for a much different outcome. He appeared in the 2014 contest as a rookie with the Hamilton Tiger-Cats and it was Reed's crucial illegal block penalty that negated Brandon Banks' 90-yard punt-return TD and allowed Calgary to capture a 20-16 win at BC Place Stadium.

"Going back (to Grey Cup) means a lot," Reed said. "Obviously I've been there before and was on the losing side of it.

"And the way it happened, I definitely want to get that win for the city of Ottawa and myself." THE CANADIAN PRESS

BASEBALL HALL OF FAME

More stars tied to steroids on ballot

Steroids-tainted stars Manny Ramirez and Ivan Rodriguez are on baseball's Hall of Fame ballot for the first time along with Vladimir Guerrero.

Jeff Bagwell is the top holdover on the 2017 Baseball Writers' Association of America 34-player ballot announced Monday. He fell 15 votes short of the required 75 per cent in 2016 voting.

Ramirez was suspended for 50 games in 2009 while with the Los Angeles Dodgers for using a banned female fertility drug while Rodriguez was never disciplined for PEDs but former Texas teammate Jose Canseco alleged in a 2005 book that he injected the catcher with steroids.

THE ASSOCIATED PRESS

5

Roger Clemens and Barry Bonds are on the ballot for the fifth time.

IN BRIEF

Cardinals head coach Arians hospitalized

Arizona Cardinals head coach Bruce Arians was in the hospital Monday after feeling ill overnight, the team said.

The Cardinals issued a statement that said the 64-year-old coach was not feeling well Sunday night after returning home from Arizona's game in Minnesota and his wife took him to the hospital. All tests conducted so far had come back favourably, the team said. THE ASSOCIATED PRESS

SENATORS

Former first-round pick headed to NYC

The Ottawa Senators would have preferred to see Matt Puempel remain in the organization, but wish him well in New York.

The Senators placed the forward on waivers Sunday and were hopeful he would clear and make his way to the Binghamton Senators, but the New York Rangers picked him up Monday afternoon.

Puempel, selected 24th overall by the Senators in the 2011 NHL Entry Draft, was given opportunities at the start of training camp but was surpassed by Ryan Dzingel, who has been a pleasant surprise for head coach Guy Boucher.

Matt Puempel
GETTY IMAGES FILE

Goaltender Andrew Hammond, who cleared waivers Sunday, was sent to Binghamton on Monday. THE CANADIAN PRESS

RECIPE Pasta e Fagioli

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This veggie-packed stoup (part soup, part stew: it's a thing!) is the perfect, healthy winter warmer.

Ready in: 35 minutes

Ingredients
- 1 Tbsp olive oil
- 1 onion diced
- 3 cloves of garlic minced
- 1 or 3 stalks of celery chopped
- 3 medium carrots sliced thinly
- 1 yellow or green zucchini, halved and then sliced
- 6 or so mushrooms cleaned and sliced
- 1 14 oz. can of cannelini beans
- 2 cups vegetable or chicken stock
- 1 x 28 oz. can of drained plum tomatoes
- 1 cup whole wheat tubetti pasta
- thyme and rosemary
- 1/2 cup grated parmesan

Directions

1. Sauté onion, garlic and celery in olive oil until they soften, about 3 minutes. Add carrots and cook 2 minutes before adding the zucchini and mushrooms. Let vegetables soften just a bit before adding the stock.

2. Drain the can of cannelini beans and scoop out about a third of a cup and roughly mash it. Put the mashed and unmashed beans into the pot and stir. Cover and simmer for 5 minutes.

3. Drain the tomatoes and add them, breaking them up with your spoon. Simmer for 5 minutes.

4. Add the cup of tubetti, a good pinch of thyme and rosemary and cook for 10 minutes. Add some salt and pepper to taste.

Serves 6

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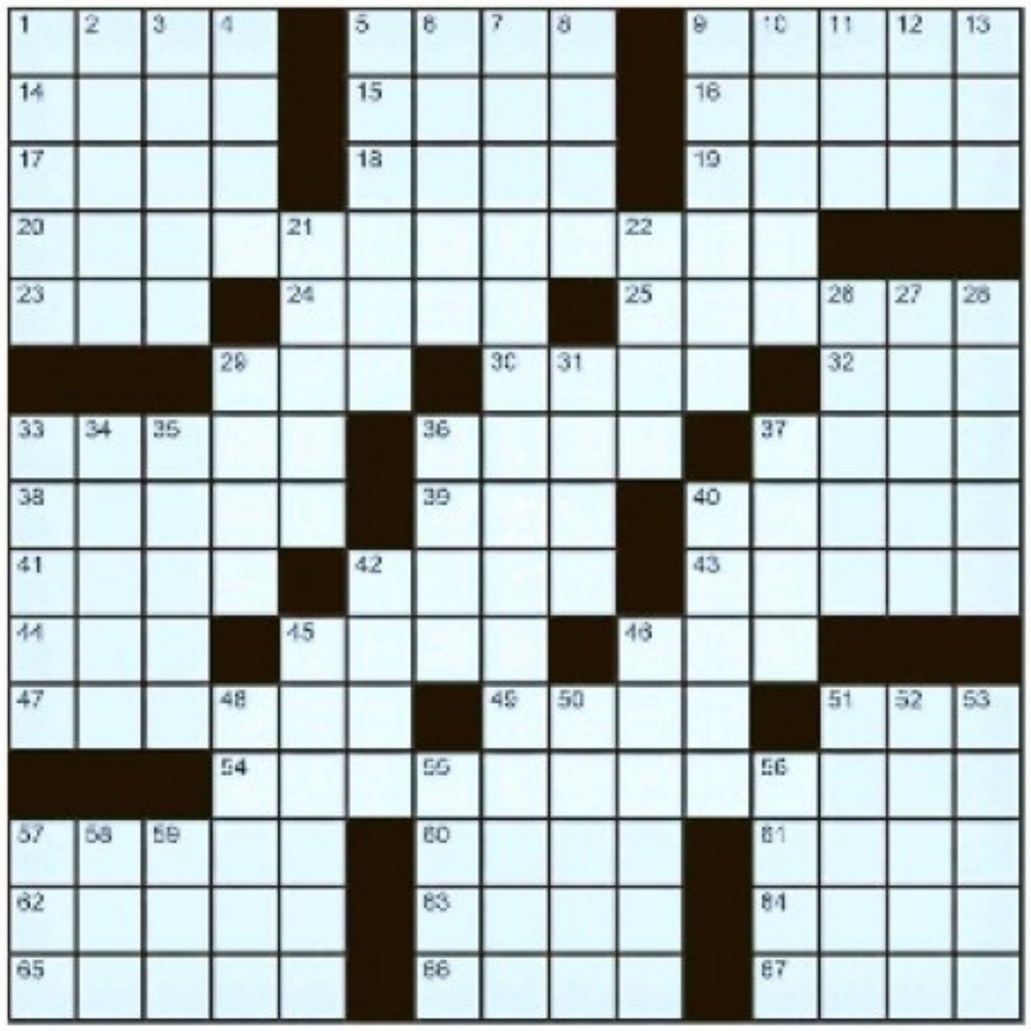
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Hollywood headliner
5. __ fide (Authentic)
9. Tightfisted
14. __ down the runway
15. "All By Myself" by __ Carmen
16. Kitchen appliance
17. "Step __ __!" (Pick up the pace!)
18. Musicals lyricist Tim
19. Boring tool
20. Woodstock, New Brunswick born lead singer of April Wine: 2 wds.
23. __ de deux
24. __-__ Ration dog food
25. __ __ balloon
29. Break a Commandment
30. Balanced
32. Open with might
33. Clean, clean, clean...
36. Hearty meal
37. Top-__ washer
38. Country singer Mr. Black
39. Driver's 4x4, commonly
40. Maison's entrance
41. Military level
42. Guitar bar
43. Autumn flower
44. Noah's creation
45. Sense
46. Lots of mins.
47. Spice mixture of India
49. Assist in wrongdoing
51. Gent's title
54. __ __ National Historic Site of Canada (Hudson's Bay Company installation built in 1833 in the Northwest Territories)
57. Tony __ (Former British PM)
60. Land-on-water
61. Helix
62. Baseball legend Yogi of famous quotes
63. Nickel, for one
64. Angela's mother on "Who's the Boss?"
65. Desert transport
66. Deep __ bends (Gym moves)
67. Jumpy

DOWN
1. Take big bold steps
2. Ms. Roberts of "Charlie's Angels"
3. Botanical leaf-to-stem angles
4. Ancient temple ceremony, for one
5. Candice of 1988 to 1998 comedy "Murphy Brown"
6. The Hunter constellation
7. Songstress of late-'70s chart-topper "Lotta Love" (Trivia! It was written by Neil Young): 2 wds.
8. Perfected
9. Colouring book colourer
10. Regularly frequented hangout
11. The Queen's lang.
12. 'Foot' finisher
13. 'P' in MPH
21. Avoid, as an issue
22. "Is it ever hot!"
26. Towards the ship's left side
27. Totally ticked
28. __ Cup (Golf trophy)
29. "You __ My Battleship!"
31. Depilatory brand
33. "Buzz off!"
34. Santa __, California
35. Sounds from the sties
36. Certain
37. Business write-off
40. __ Quebecois (Political group in Quebec)
42. "__ Factor"
45. Blooming
46. Roch Voisine title song lady
48. Burning
50. Negate
51. Hair accessory
52. Cupcake topping
53. Convey
55. Foe in Fido's fur
56. Highest point
57. UK network
58. Ms. Michele
59. Strong-__

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You will enjoy travelling today. You also will enjoy studying something new. Discussions about politics, religion and racial issues will be positive. (How refreshing.)

Taurus April 21 - May 21
This is an excellent day to decide how to divide an inheritance or deal with shared property, taxes, debt and insurance issues. All parties will be upbeat and positive.

Gemini May 22 - June 21
Relations with partners and close friends will be positive and fun-loving today. People are willing to look for solutions instead of focusing on problems.

Cancer June 22 - July 23
Work-related travel is likely today. This also is an excellent day to propose an idea to co-workers, because they likely will endorse you.

Leo July 24 - Aug. 23
Enjoy playful activities with children today. This also is a great day for a vacation or social occasions. Even teaching children will be a positive experience.

Virgo Aug. 24 - Sept. 23
You feel encouraged about home improvements. In fact, family discussions will be particularly positive today. It's a good time to implement your ideas.

Libra Sept. 24 - Oct. 23
Whatever you do today, you will be ambitious and expansive with your plans and ideas. You're not afraid to think big, because you feel confident!

Scorpio Oct. 24 - Nov. 22
This is an excellent day for business and commerce. Whatever you initiate likely will create a profit for you today and in the future.

Sagittarius Nov. 23 - Dec. 21
You are eager to talk to others today because you have big ideas and you want to share them with someone. The force of your enthusiasm will make others agree with you, because nothing succeeds like success.

Capricorn Dec. 22 - Jan. 20
Behind-the-scenes research will go well today, because you are confident that you will find what you're looking for.

Aquarius Jan. 21 - Feb. 19
Conversations with young people will be upbeat today. If you talk to a group, people will quickly fall in line with your suggestions because you are confident and positive.

Pisces
Feb. 20 - March 20
This is an excellent day to talk to bosses, parents and VIPs. Make your pitch and push your agenda, because people are in such a positive frame of mind today, they probably will say "yes."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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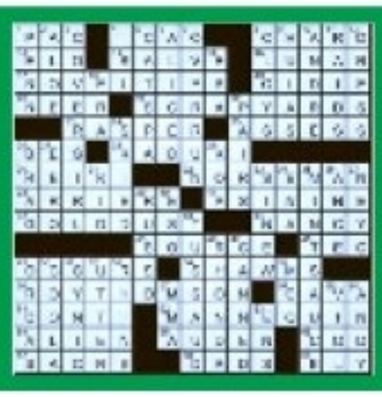

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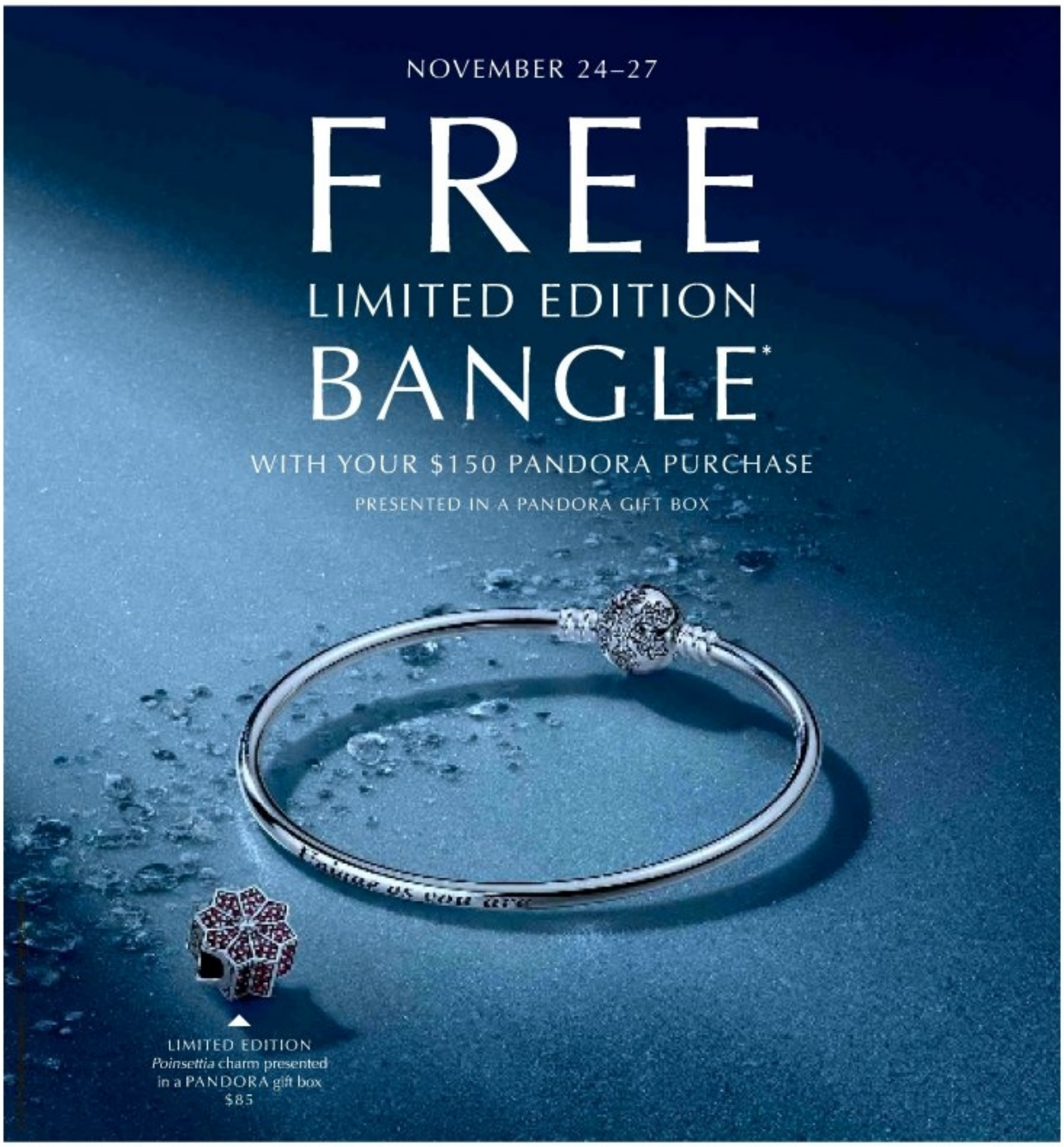

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